



Tel: 0161 696 7501/07922 423 902 Email: admin@creativelivingcentre.org.uk

Website: www.creativelivingcentre.org.uk

Facebook: www.facebook.com/creativelivingcentre Twitter: @creativelivingc

1A Rectory Lane Prestwich, M25 1BP

May 2023

Monday	Tuesday	Wednesday	Thursday
<p>10am – 4pm Support Coordinator Appointments</p> <p>11am - 12:30pm Arts for All Drop in (£3 Art Room) Mixed media Art Class</p> <p>*PLEASE NOTE* <u>We are not open on the following bank holidays – 1st, 8th and 29th May</u></p>	<p>10am – 4pm Counselling, Holistic Therapies & Support Coordinator Appointments</p> <p>10am – 11am Mindfulness Drop In (£3 Sunflower Room)</p> <p>11am – 12pm Boxercise Drop In (£3 Peace Rm) Let's get moving with our new boxercise class.</p> <p>12.30pm – 2.30pm Warm Hub Our café space is open. Pop by for a cup of tea (free)</p> <p>4pm -5.30pm Bereavement Group Drop In (£3 Peace Room)</p>	<p>10am – 4pm Counselling, Art therapy, Holistic Therapies & Support Coordinator Appointments</p> <p>11am-12.30pm Walking Group Drop in (£3 meet at CLC) walking group for all abilities.</p> <p>11.30am – 12.30pm Fibro, M.E., Chronic Pain & Fatigue support group Drop In (£3 Peace room) (fortnightly)</p> <p>12.30pm – 2.30pm Lunch Service Drop In (Sunshine Cafe) Tasty, nutritious low-cost food in our lunch club</p> <p>2pm – 3.30pm Learn to Ride Contact reception to book (£3) If you lack confidence riding a bike, book a 121 session before coming to Bike Group.</p> <p>2.45pm – 3.45pm Meditation Drop In (£3 Peace Room)</p>	<p>10am – 4pm Counselling and Support Coordinator Appointments</p> <p>9.30am – 10.30am Pilates Drop In (£3 Peace Room)</p> <p>11am - 12:30pm Singing Group with Jean Drop In (£3 Peace Room)</p> <p>11am – 12.30pm Bike Group Drop in (£3 meet at CLC) Try some cycling with the CLC bike leaders.</p> <p>12.30 - 2.30pm Warm Hub Our café space is open. Pop by for a cup of tea (free)</p> <p>2pm – 3.30pm Ladies' Support group. Drop in (£3 Art Room)</p>

Next Member Forum is Thursday 25th May 2023 12pm – 1pm (Peace room)

Also available at the centre

Saturday Night Group 4.30 – 6.45pm Foodcycle cook a **FREE** vegetarian meal

Please note the meals are available for all members and non-members



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CLC Charges explained.

Individual Classes, Support Appointments, Groups, Workshops (face to face) - £3

Activity Day Pass (excludes food in café and therapies) - £5

1 hour 1:1 Therapy, holistic therapy, art therapy - £10

Courses and Workshops delivered by the CLC team - Call to book: 0161 696 7501/ 07922 423 902

Date / Time	Courses and Workshops	How to Book
Tuesday 2 nd May 10am –	Cooking with confidence – Crazy Crumble	Call to book: 0161 696 7501
Tuesday 9 th May 10am – 12pm	Cooking with confidence – Fun with Flapjacks	Call to book: 0161 696 7501
Tuesday 16 th May 10am – 12pm	Cooking with confidence – Love those leaves (amazing salad dressings)	Call to book: 0161 696 7501
Tuesday 23 rd May 10am –	Cooking with confidence – perfect porridge	Call to book: 0161 696 7501
Tuesday 30 th May 10am – 12pm	Cooking with confidence – How to use grains (Mediterranean couscous salad)	Call to book: 0161 696 7501

Special events for CLC Members:



Celebration to mark the coronation of King Charles III

Join us at the CLC for some events to mark the coronation on **Thursday 4th May 2023!**

11am – 12.30pm - Singalong with Jean

12.30pm – 2.30pm – Afternoon tea (sandwiches, scones and enough tea to sink a ship!)

2.30pm – 4pm – Coronation crafts (make your own bunting and flags or do some painting)

Burrs Country Park – Walking with Nature

On Wednesday **10th May 2023**, come along to our event as part of the GM Walking Festival. Meeting at 10.45am, our experienced walking group leaders will guide you through Burrs Country Park, filled with nature, wildlife and sculptures. Please book with reception on 0161 696 7501 to confirm meeting point and travel arrangements. Free of Charge but must book on.



Activities at the centre **not** run by CLC



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<u>Wednesday</u>	6.15pm-7.15pm <i>Hatha yoga</i> - Suitable for all levels of fitness. for more details contact Angela 07749060292 6.30pm-7.30pm <i>Directions for Men</i> - Drop In, support group for men (Free)
<u>Friday</u>	2pm-3.30pm <i>Outdoor Green Wellbeing Sessions</i> Contact 01772 872007 or email myplace@lancswt.org.uk for more
<u>Saturday</u>	10.00am-12.00pm <i>Guitar Group</i> - Contact Jean 07721 347742 for more details